

RECOMMENDED ITEMS TO INCLUDE IN A  
BASIC EMERGENCY SUPPLY KIT:

- Water: One Gallon of Water per person/per day for at least three days, for drinking and sanitation (Don't forget water for your pet too!)
- Food: at least a Three-Day Supply of Non-Perishable Food (Don't forget food for your pet too!)
- Battery-Powered/Hand Crank Radio & a NOAA Weather Radio with tone alert (extra batteries)
- Flashlight (extra batteries)
- First Aid Kit
- Whistle to signal for help
- Dust Mask to help filter contaminated air
- Plastic Sheeting & Duct Tape to shelter-in-place
- Moist Towelettes, Garbage Bags & Plastic Ties for personal sanitation
- Wrench/Pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger
- Pet Carrier
- Pet medicine and records
- Pets collar with ID tag, harness, or leash

**[www.ksready.gov](http://www.ksready.gov)**

## Disasters...

Can happen **anywhere**  
and **anytime!**  
Are you **prepared?**

*Are you prepared for a disaster?*

*What steps do you **need to take** before the  
**unexpected happens to you?***

*Do you know what disasters **can occur in your area?***

*Do you have a **disaster kit?***

*Do you have a **disaster plan?***

*Have you **practiced** your disaster plan?*

*Learn more at **[www.ksready.gov](http://www.ksready.gov)***

*about how you can prepare for a disaster!*



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Are You Prepared  
for the  
Unexpected?



“Don't be SCARED,  
be PREPARED!”



The Centers for Disease Control has began a movement to prepare for the unexpected!

Prepare your family now for tornadoes, floods, fires, and yes, YOU are reading this correctly, ZOMBIES!

The Zombie Preparedness Campaign is designed to make learning about disaster preparedness fun and to help get your family prepared for a real disaster or emergency in the process.

**Zom-bie:** noun \zăm-bee\

: a person held to resemble the

So-called walking dead

*Merriam-Webster Dictionary*

## BUILD A KIT!

Build a disaster kit for your home including items that you would need in a disaster or emergency such as food, water, and emergency supplies. Don't forget to plan for all members of the household (including infants, elderly, pets, etc...).



*Drawing by: Jake Meyer*

## MAKE A PLAN!

Talk with your family today about what you will do if an emergency or disaster affects your home. Talk about where you will seek shelter from a storm. Practice fire drills in case of a fire at your home, and talk about a family communications plan.

## GET TRAINED!

Enroll in a CPR or First Aid class in your community today to learn skills that can save a life.

## JOIN THE KANSAS PREPAREDNESS CHALLENGE!

Visit [www.ksready.gov](http://www.ksready.gov) and click on the Kansas Preparedness Challenge link to learn about activities you can take each month to be prepared for a disaster or emergency.



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